

Abstract

Title: Case report of physiotherapy care of patient with elbow contusion

Objectives: The aim is to present the theoretical knowledge of the elbow joint, describe the physiotherapeutic methods and procedures dealing with traumatology of the elbow, especially focusing on soft tissues injuries. The aim is also to apply theoretical knowledge in practice in the therapy with patient after elbow contusion.

Methods: Methods used are research and analysis. The first theoretical part of the thesis summarizes the basic anatomy, kinesiology and biomechanical information of the elbow joint, based on the information resources, and describes elbow traumatology focusing on soft tissue injuries. Further, it characterizes physiotherapeutic procedures and methods used in this type of injury treatment. The special part of thesis includes a detailed case study of a patient suffering from the elbow contusion. This part presents input and output kinesiology analysis, description of each therapeutic unit and finally evaluates the effect of therapy. Case study has been made during my professional practice in CLPA in Prague (Treatment Centre for Musculoskeletal System), under the supervision of Mgr. Dana Šachová, during the period 23.1. to 17.2. 2017.

Results: The theoretical knowledge of the elbow joint, its traumatology, examination as well as the relevant treatment were presented. In the special part, the objectives set out in the short-term treatment plan were achieved.

Keywords: physiotherapy, elbow joint, contusion, soft tissues, anatomy, kinesiology